STAY RIGHT WHERE YOU ARE

Resources for Seniors and
Adults with Disabilities Living at Home
in Washington State

Published by

Washington State Home Care Quality Authority

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Sources:

Stay Active and Independent for Life: An Information Guide for Adults 65+, published by the Washington State Department of Health

Medicaid and Long Term Care Services for Adults, published by the Washington State Department of Social and Health Services

Stay Right Where You Are is intended as a resource guide only and does not create an entitlement to services. Please contact the appropriate resources for eligibility criteria and costs. Washington State Home Care Quality Authority does not endorse any specific products or services mentioned in this resource guide. Full responsibility for any use of this information rests with the user.

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INTRODUCTION

By Rick Hall, Executive Director
The Washington State Home Care Quality Authority

Stay Right Where You Are is a basic guide for seniors and adults with disabilities who want to continue living at home and need help to make that happen.

The amount of information on services and supports for seniors and adults with disabilities can be a lot to sort through.

If you're dealing with complex medical issues, government agencies or insurance companies, getting help can be downright overwhelming.

Think of this guide as a map made up of helpful people.

They might be part of a small community program or a government agency with a ten-dollar title, but they all share one thing in common:

They want to help you live in your own home.

Regardless of age or disability, there are services and supports to help you stay as independent as possible.

So, stay right where you are. Skip, flip, or read through this guide to find people with the help you need to keep living in your own home.

Lay of the Land

At some point in life, we all face transitions that cause us to look outside ourselves for help. Whether it's due to age or disability, the ability to maintain our independence is inextricably linked to receiving support and services—from a little to a lot.

The good news is that there's an abundance of options to help adults of all ages and abilities remain at home. The downside is that so many services can make it hard to find the right one(s).

If the thought of sorting through the vast universe of service systems and community programs makes your head spin, you're not alone. *Making life easier is hard work for everyone.*

This guide can't simplify the world of home and community support, but it can start you on your journey with some basic resources and people to help you figure out what you need.

Each of the five sections are designed to point you toward:

- **Getting Started**
- **Help at Home**
- **Help in the Community**
- **Taking Care of Business**
- **Directory of Resources**